

5 Bible verses to encourage your food and exercise journey

I S A I A H 4 1 : 1 0

Do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

J A M E S 1 : 3 - 4 A

You know that the testing of your faith
produces perseverance.
Let perseverance finish its work.

2 C O R I N T H I A N S 7 : 1

Since we have these promises, dear friends, let
us purify ourselves from everything that
contaminates body and spirit, perfecting
holiness out of reverence for God.

1 C O R I N T H I A N S 6 : 1 2

"Everything is permissible for me"
- but not everything is beneficial.
"Everything is permissible for me"
- but I will not be mastered by anything.

2 P E T E R 1 : 5 - 6

Make every effort to add to your faith goodness;
and to goodness, knowledge; and to
knowledge, self-control; and to self-control,
perseverance.